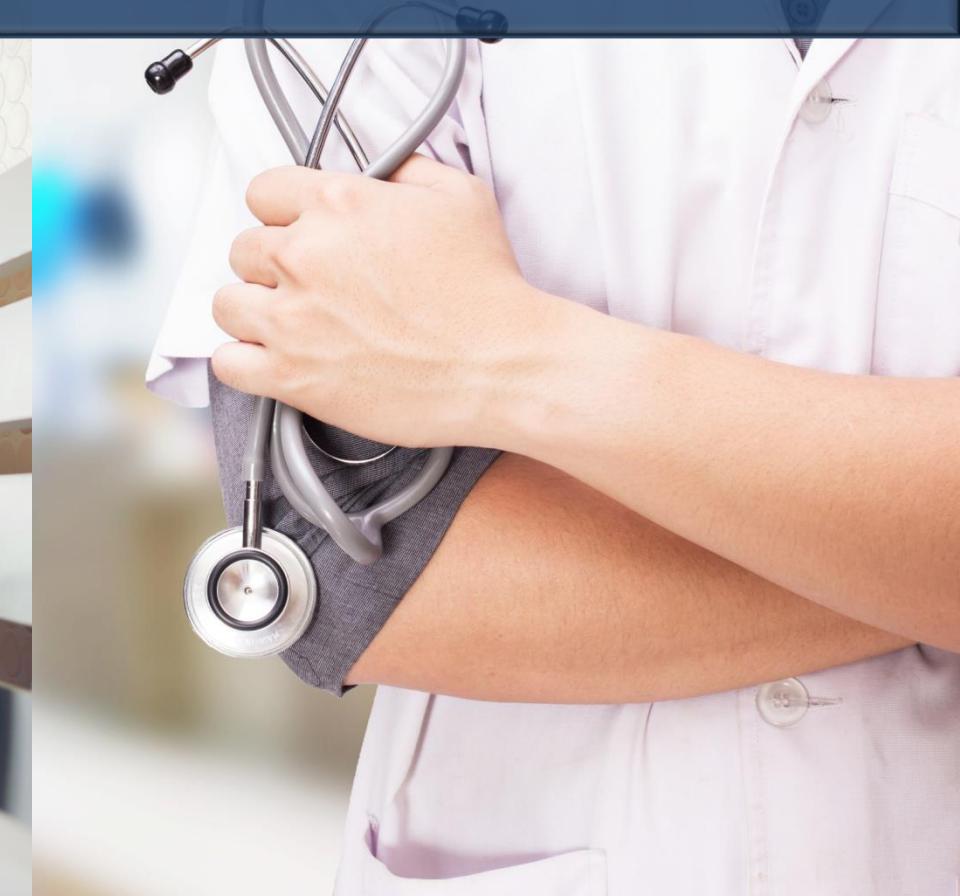
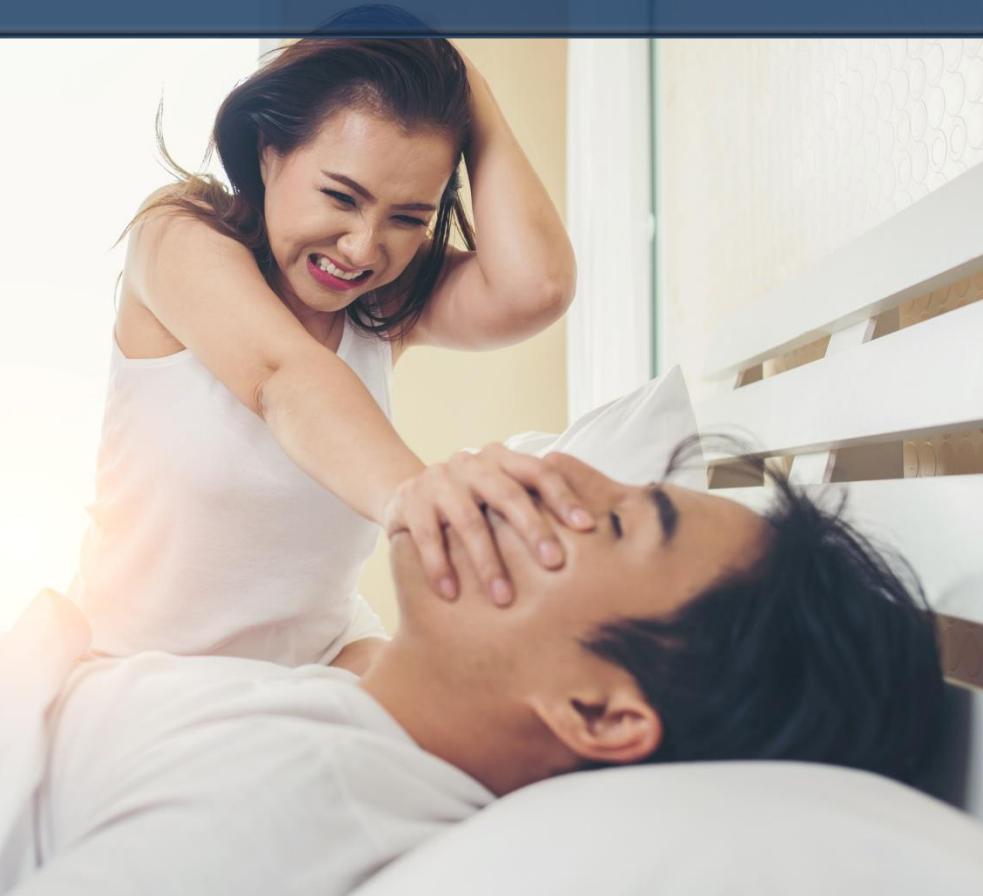


# Snoring or Sleep Apnea?



# If you have following symptoms....



**Pauses in breathing during sleep**



**Insomnia**



**Gasping for breathe during sleep**



**Headache**

# Then its time to consult a Doctor

As you are suffering from a sleep disorder called



**OSA (Obstructive Sleep Apnea)**

# Some facts about OSA in India



1

Prevalence of OSA is more in men than women

2

- **Female** - Increases with age from 2% at age 30 to 28% at 60 years
- **Male** - Increases from 4% at age 30 to 67% at 60 years

3

93% of Indian population is sleep deprived & sleep apnea is one of the major cause

4

Sleep apnea percentage is higher in western region than any other part in India

# OSA Health Risks



# Remedies

Stop  
smoking

Avoid  
Alcohol /  
Sleeping  
pills

Sleep on  
anti -  
snoring  
mattress

Change  
sleep  
position

Reduce  
weight

# Buy a MagniSmartech Mattress by Magniflex with Smart Anti-Snoring Technology



## Smart Anti – Snoring Technology

Automatically recognizes snoring and changes the bed position to stop the snoring without disturbing your sleep

# Want to know more



# Ask A Sleep Expert

[www.magniflexindia.com](http://www.magniflexindia.com)